



# CATALOG ADDENDUM: NOVEMBER 2020

Below are listed additions and corrections to the 2020-21 Bucks County Community College Catalog since its publication. All corrections listed below have been made in the main online catalog sections to which they apply. They do not appear, however, in the PDF version of the full catalog.

## SECTION 2: MAJORS AND CERTIFICATE PROGRAMS

Majors and Certificate Programs: Descriptions

**Health Coach Certificate Program:** This new certificate program has been created to prepare students to work in the health coaching field by providing students with the essential skills of a health and wellness coach. It prepares students who are currently employed and need to enhance their skills, as well as those seeking employment in the health and wellness coaching area.

### **CERTIFICATE PROGRAM**

#### **Department of Kinesiology and Sport Studies**

*Linksz Pavilion 208 • Phone (215) 968-8450*

Curriculum Code No. XXXX

The Health Coach Certificate Program prepares students to work in the health coaching field by providing students with the essential skills of a health and wellness coach. It prepares students who are currently employed and need to enhance their skills, as well as those seeking employment in the health and wellness coaching area.

The program is designed to provide students with a fundamental knowledge base of the following: health and wellness scope of practice, code of ethics, skills to facilitate client behavior change, basics of health and nutrition, design of effective coaching programs, and tools to becoming a health coach entrepreneur.

*This program will also be submitted to the National Board for Health and Wellness Coaching (NBHWC) for approval as a training program. Until that time, students are still able to be employed as a health coach upon receiving this certificate.*

Graduates of this certificate are able to:

- Perform within legal and ethical boundaries for health and wellness coaches;
- Demonstrate effective communication and collaborative skills as related to health coaching;
- Demonstrate an understanding of the basic tools necessary for becoming a health coach entrepreneur;
- Apply health and wellness coaching motivational interviewing principles to facilitate behavior

change; and

-Find, evaluate, and discuss scholarly health science articles published in peer-reviewed literature to nutrition and exercise recommendations.

CERTIFICATE COURSE REQUIREMENTS\*

Course	Credits
COLL101 College Success Seminar	1
PSYC100 Psychology of Personal Awareness or PSYC110 Introduction to Psychology <sup>A,B</sup>	3
COMM105 Interpersonal Communication	3
HLTH103 Life and Health	3
HLTH120 Nutrition <sup>A,B</sup> or HLTH120N Nutrition (with a Registered Dietician) <sup>A,B,C</sup>	3
KINS170 Individual Fitness and Wellness	2
MGMT155 Introduction to Entrepreneurship	3
***New course proposal*** HLTH250 Introduction to Health Coaching <sup>B</sup>	3
Elective <sup>D</sup>	3
Total Credit Hours	24

<sup>A</sup> Placement testing required

<sup>B</sup> Course requires prerequisite.

<sup>C</sup> HLTH120N sections are taught by registered dietitians as required by the PA State Board of Nursing.

<sup>D</sup> Choose one of the following electives: HLTH 121, HLTH 130, or COMP 110

## SECTION 3: COURSE DESCRIPTIONS

[Applied Nutrition \(HLTH121\)](#): The Master Course Outline for this course has been revised thus:

### Master Course Outline

I. Course Number: HLTH121  
Course Title: Applied Nutrition

II. Number of Credits: 3

III. Number of Instructional Minutes: 2250

IV. Prerequisite or co-requisite: HLTH120 (C or better) or HLTH120N (C or better)

V. Other Pertinent Information:

This course meets the General Education requirement in Scientific Literacy.

VI. Catalog Course Description

Students learn practical approaches to successful behavior modification strategies along with an advanced look at drug-nutrient interactions, metabolic functions, needs of the human body, and the basics of diet therapy as it relates to disease prevention and management.

VII. Required Course Content and Direction

A. Course Learning Goals

Students will:

1. Review, analyze, and synthesize techniques and methods used in credible research literature [Scientific Literacy];
2. Discuss the impact of the environment and society on nutrition-related behaviors;
3. Describe advanced metabolic functions and physiological actions of the human body;
4. Apply evidence-based nutrition principles to the prevention and treatment of chronic disease states; and
5. Design culturally appropriate diet therapy protocols and tools for clients that can be used in their individual scope of practice.

B. Planned Sequence of Topics and/or Learning Activities

Course Outline:

1. Research design & application
2. Human digestion & metabolism
3. Determining nutrient needs

4. Environmental impacts on nutrition & health status
5. Health promoting behaviors
6. Behavior change strategies
7. Disease prevention – diabetes, hypertension, obesity, osteoporosis, cardiovascular disease
8. Disease treatment with diet and/or medications for various states
9. Diet-specific menu options
10. Integrative nutrition
11. Inflammation and disease
12. Diet therapy protocols for in-patient and out-patient settings
13. Psychosocial, behavioral, and cultural factors that influence food choices

C. Assessment Methods for Course Learning Goals

Students are assessed with written and oral assignments, quizzes and/or examinations, graded class participation, sample case studies, and other projects as specified in the individual instructor's class syllabus.

D. Reference, Resource, or Learning Material to be used by Students

The required textbook is selected by the full-time faculty teaching this course and is specified in the course syllabus created by each instructor and distributed to each student upon enrollment and attendance in class. Students are given multiple, additional resources throughout the semester to support learning.

Introduction to Health Coaching (HLTH250): This new three (3) credit course is an introduction to health coaching and is designed to prepare students to be employed as a health coach within the field. Topics covered include scope of practice, code of ethics, skills to facilitate client behavior change, basics of wellness visions, and the design of effective coaching programs.

eDiscovery (LAWS270): This new three (3) credit experimental course has been developed to keep paralegal students up to date on the rapidly developing role of software in the area of legal data, eDiscovery, and information governance. It will take an in-depth look at the role of software in the litigation lifecycle from data collection and document review to production and presentation at trial.

Medical Terminology (MEDA120): The Master Course Outline for this course has been updated thus:

**Master Course Outline**

- I. Course Number: MEDA120  
Course Title: Medical Terminology
- II. Number of Credits: 3
- III. Number of Instructional Minutes: 2250
- IV. Prerequisite: Reading Level score of 2 or higher
- V. Other Pertinent Information: None
- VI. Catalog Course Description

This introductory course in medical terminology focuses on accurate spelling and pronunciation of terms and building knowledge of basic medical vocabulary with an emphasis on prefixes, suffixes, roots, and combining vowels. Anatomical, physiological, and pathological terminology are covered and applied in the context of electronic health records.

**VII. Required Course Content and Direction**

**E. Course Learning Goals**

Students will

1. Identify the word parts most frequently associated with the major body systems;
2. Spell medical terms associated with each of the major body systems;
3. Pronounce medical terms associated with each of the major body systems;
4. Define medical terms by analyzing their word parts;
5. Find clinical information in electronic health records; and
6. Interpret clinical information in electronic health records.

**F. Planned Sequence of Topics and/or Learning Activities**

1. introduction to medical terminology
2. introduction to electronic health records
3. the integumentary system
4. the musculoskeletal system
5. the nervous system
6. the special senses: eyes and ears
7. the endocrine system
8. the blood and lymphatic systems
9. the cardiovascular system
10. the respiratory system
11. the digestive system
12. the urinary system
13. male and female reproductive systems

**C. Assessment Methods for Course Learning Goals:** Exams, quizzes, oral presentations, class participation, voice recording of pronunciation, online activities, and discussion are utilized.

**D. Reference, Resource, or Learning Material to be used by Students:** Students use educational resources as approved by the department and specified in the instructor's syllabus.